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MICHAEL KIWANUKA: THE ANSWER KEY TO HIS INFLUENCES {page 10}

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JAMES ELLERKER/GUINNESS WORLD RECORDS

Under scrutiny

- Boston-area man's 'biggest bicep' title questioned
- Guinness World Records hires specialist to revisit the category

news

Man pulled from under Red Line train

- Victim suffers serious injuries, but lives
- Mishap causes major delays {page 04}

sports

Lockout could destroy NHL

- League has come a long way since last stoppage {page 17}

technology

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- Inside Twitter's facelift for your tablet {page 13}

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Guinness reconsidering man's 'biggest bicep' title

Winner admits to past steroid use ◗ Says he did drug legally back in his native Egypt ◗ Ismail, 24, named world-record holder just last week

Last week, 24-year-old Mostafa Adel Ismail's biceps were named the biggest in the world by Guinness World Records. Since then, a flood of criticism has followed, with skeptics blasting the Boston-area resident, convinced his muscles are artifically enhanced.

Now, officials at Guinness World Records say they have hired a specialist and "are considering looking at this record category in different ways."

Not only that, but yesterday a former friend of Ismail's and a fellow bodybuilder told Metro that he distanced himself from Ismail because he doesn't "agree with or condone his method of obtaining" the record-breaking biceps.

The controversy started after Metro reported Ismail's record on Thursday, when the Guinness World Records 2013 edition was released naming Ismail's 25-inch upper arms as the biggest in the world.

When asked to respond to critics, Ismail told Metro that he used to take steroids while living in Egypt before he moved to the U.S. in 2009, saying they are legal there and easily obtained in drug stores.

Yesterday, Metro heard from a former friend of Ismail's, 31-year-old Foxboro resident Justin Sulham.

"I had to make the decision to professionally and personally walk away from (Ismail) altogether because I don't necessarily agree with or condone his method of obtaining the record-breaking biceps," said Sulham, founder of 50 Feet Closer to a Cure, a non-profit organization that raises money for charity through feats of strength, like airplane and truck pulls.

Sulham said he started filming Ismail for a documentary last October, but decided after four months to take a hiatus after realizing "what he was doing behind closed doors." Sulham did not want to go on record with specifics, but said, "If you're going to do something, it should be legitimate. If he can obtain a record, and go down in history, and it is all fabricated, then it takes away the credibility of Guinness (World Records)," he said. "If he wasn't lying to people — if he was truthful — then that is one thing. Because if at the end of the day Guinness knows, and lets him keep the record, then that's fair. But he's hiding it."

When asked people would be so critical, Ismail said, "Jealousy, 100 percent. Maybe they're not doing the right thing," Ismail said, referring to people who try to build muscle. "People just talk crap randomly without knowing. ... I am just trying to ignore those comments."

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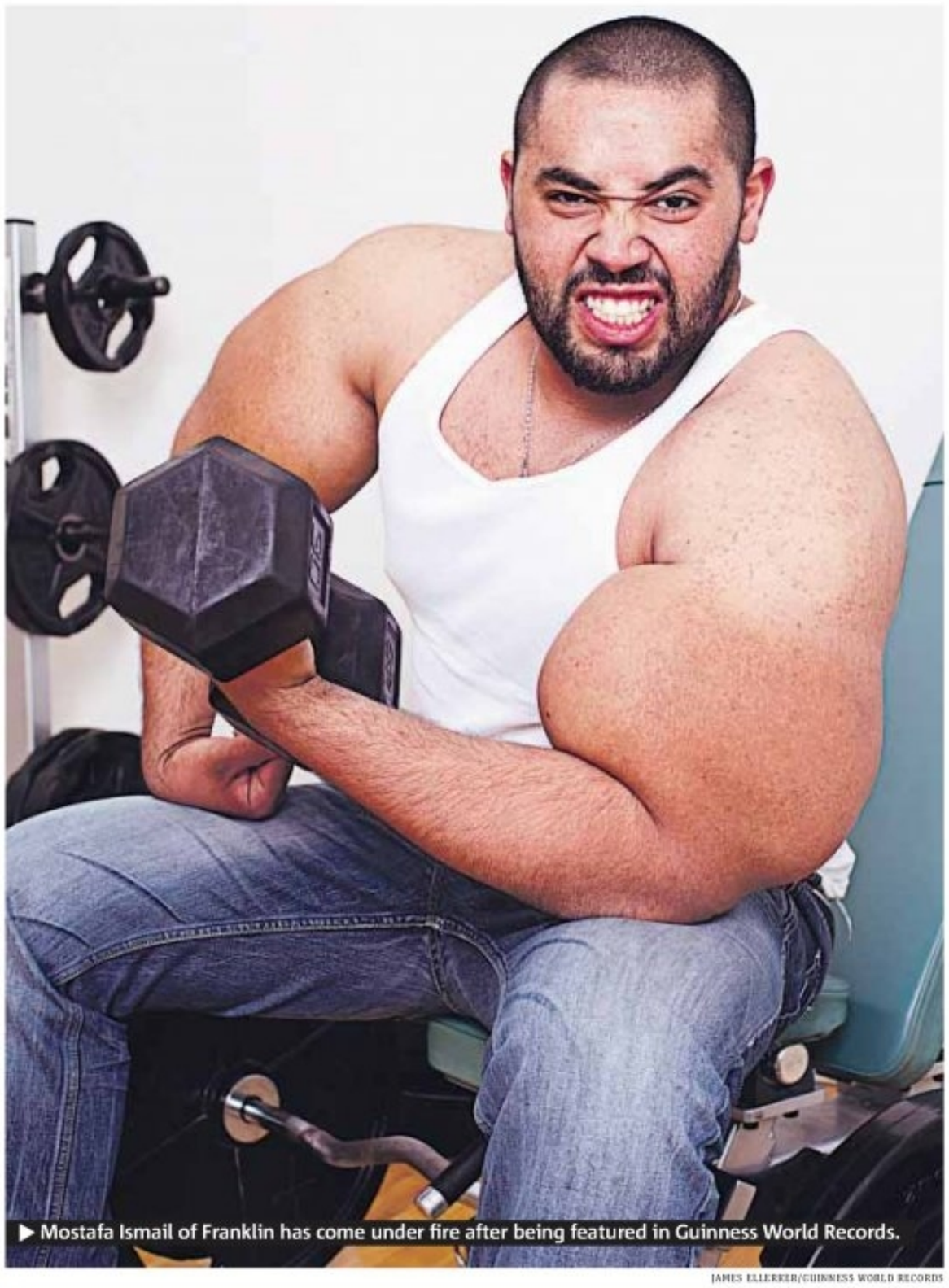

▶ Mostafa Ismail of Franklin has come under fire after being featured in Guinness World Records.

JAMES ELLERKER/GUINNESS WORLD RECORDS

'Sup with 'synthol?'

Some critics have accused Ismail of using an injectable site enhancement oil called synthol, which bodybuilding enthusiasts liken to a breast implant in the arm.

Ismail said that not only has he has never used synthol, but that he is not familiar with it.

"I just heard what they're saying about that substance. I asked a gym friend — another body builder — and he was laughing. I wanted to understand what that substance is about," he said.

Mostafa Ismail responds:

"I'm not shy about saying I used before," Ismail said. "In Egypt, it's legal. I was living there. But now, from the time I came to the U.S. like four years ago, I've spent all of my money at [health store] GNC. That's why I kept the shape that I reached by using some stuff, and I improved it."

Ismail said he uses all-natural testosterone boosters and eats tons of protein to help him bulk up. He also credits years of pumping iron, and good genes, to his massive arms.

When asked about his journey from Egypt to the U.S. and avoiding steroids, he said, "I came here to build a better life. I'm not stupid."

When asked about haters, he said, "Jealousy, 100 percent."

Quoted

"Based on the feedback we have received from members of the public, we are considering looking at this record category in different ways and to this extent we have commissioned specialist research on the subject."

GUINNESS WORLD RECORDS RESPONDS

In the news

$15

That utility check you owe your roommate may cost a little less this winter. NSTAR said yesterday it requested from the state a new, lower supply rate that would drop the average heating customer's bill by more than $15 per month compared to last year. The new rate, if approved, would go into effect Nov. 1. METRO

In ther news

Promoter of the Month

Congratulations to Metro's Promoter of the Month Terrence Aarons, who currently serves as our ambassador at Ashmont Station. Aarons, 47, of Dorchester, joined Metro in 2005 and has served as a promoter at many locations, including Quincy Center, South Station, Forest Hills and Back Bay. Aarons approaches his job with commitment and professionalism, as well as a comic edge that makes hundreds of Metro readers smile.

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Crews pull man from under Red Line train

NICOLAUS CZARNECKI/METRO

▶ The unidentified man sustained "very serious injuries," a T spokesman said.

A man was rushed to a hospital after being pulled from under a Red Line train yesterday afternoon at the Downtown Crossing T stop in a bizarre incident that caused significant delays.

Despite being lodged under the subway train, the 27-year-old man was alive and appeared conscious as he was being loaded into an ambulance.

Joe Pesaturo, an MBTA spokesman, said the man had "very serious injuries." Authorities did not identify the man who was recovering yesterday at Massachusetts General Hospital. The T's control center received a call for a person under a train on the southbound side of the station just after 1 p.m., Pesaturo said, adding it was unclear why the man was trespassing.

Boston Fire Department crews arrived on scene shortly after the call and ordered that the power be shut down. The firefighters worked in the pit of the station to remove the man.

Images of the man being carried on a stretcher to an ambulance showed that his hands and part of his face were covered in black dirt.

Initially T officials thought they would have to bus passengers between Harvard and Broadway stations because of the incident, which shut down the central station. Instead, fire officials were able to quickly remove the man and service was not shut down.

Passengers did, however, experience significant delays before normal service resumed.

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In the news

House begins probe of state crime lab

BOSTON. House lawmakers have launched their own investigation into what led to the failings at a now-shuttered state crime lab as officials try to determine the extent of alleged sample tampering by a former state chemist who handled more than 34,000 cases. House Speaker Robert DeLeo said yesterday that the House Post Audit and Oversight Committee is investigating the unfolding crime lab crisis, which Suffolk County District Attorney Dan Conley has called a "catastrophic failure." DeLeo said the committee may issue subpoenas and said members have already contacted witnesses. SHNS

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Start-ups can pull up a chair — or desk

NICOLAUS CZARNECKI/METRO

▶ Heidi Burgess, office manager for GoodTwo, and Stephen Fiedler, community manager for Mosaic Hub, share office space on Broad Street.

OuterSpaces offers a solution for the Hub's office space shortage and high prices ◗ Young firms can rent a little space at bigger companies

The people behind OuterSpaces know that start-ups need room to grow — just not that much.

That's why they started the new collaborative network, which connects start-ups, entrepreneurs and remote employees with Boston desks through month-to-month rental agreements, helping them avoid committing to pricey office leases.

"I work for a company that is headquartered on the West Coast," said Patrick Shaughnessy, who is the only Boston-based employee for Oregon-based company Red Giant.

Shaughnessy's work space at Boston's GoodTwo sets his company back only $600 each month and offers a good alternative to working at home.

"It's a concentration thing. There are just too many distractions at home," Shaughnessy said. "So far it's worked out great."

"I've been through the pains and challenges of protecting the little capital you have."
BILL YUCATONIS, START-UP HOST

As for his host, GoodTwo's Bill Yucatonis said they are happy to have Shaughnessy in their Broad Street office.

"I've been through the pains and challenges of protecting the little capital you have," Yucatonis said. "If there is a way we can help other entrepreneurs through OuterSpaces, it makes a lot of sense."

For Bill Jacobson, the managing director of Workbar, a shared office space on Atlantic Avenue, it was a no-brainer.

"Businesses that are growing need flexibility, but they also need a base," Jacobson said. "There is also a network effect because they have people to collaborate with. The hosts can also utilize their spare space and build up the energy in the office."

Workbar joined forces with Boston World Partnerships to create OuterSpaces in August. Since then it has hooked up about 20 people with desks at five local companies, and according to Devin Cole, the director of engagement and programs at Boston World Partnerships, "the sky is the limit."

"We're seeing on both sides inquiries from potential tenants and hosts. There is a clear demand from both," he said.

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Inner workings of OuterSpaces

- Boston World Partnerships and Workbar created OuterSpaces over the summer as a way for companies to make use of their extra office space and to promote collaboration between professionals.
- Since August, the venture has connected about 20 desk-less souls with five Boston office spaces.
- The desk rental agreements are month-to-month, with desks costing between $400 and $600 per month
- Tenants have access not only to desks, but also to the conference rooms and other standard amenities.

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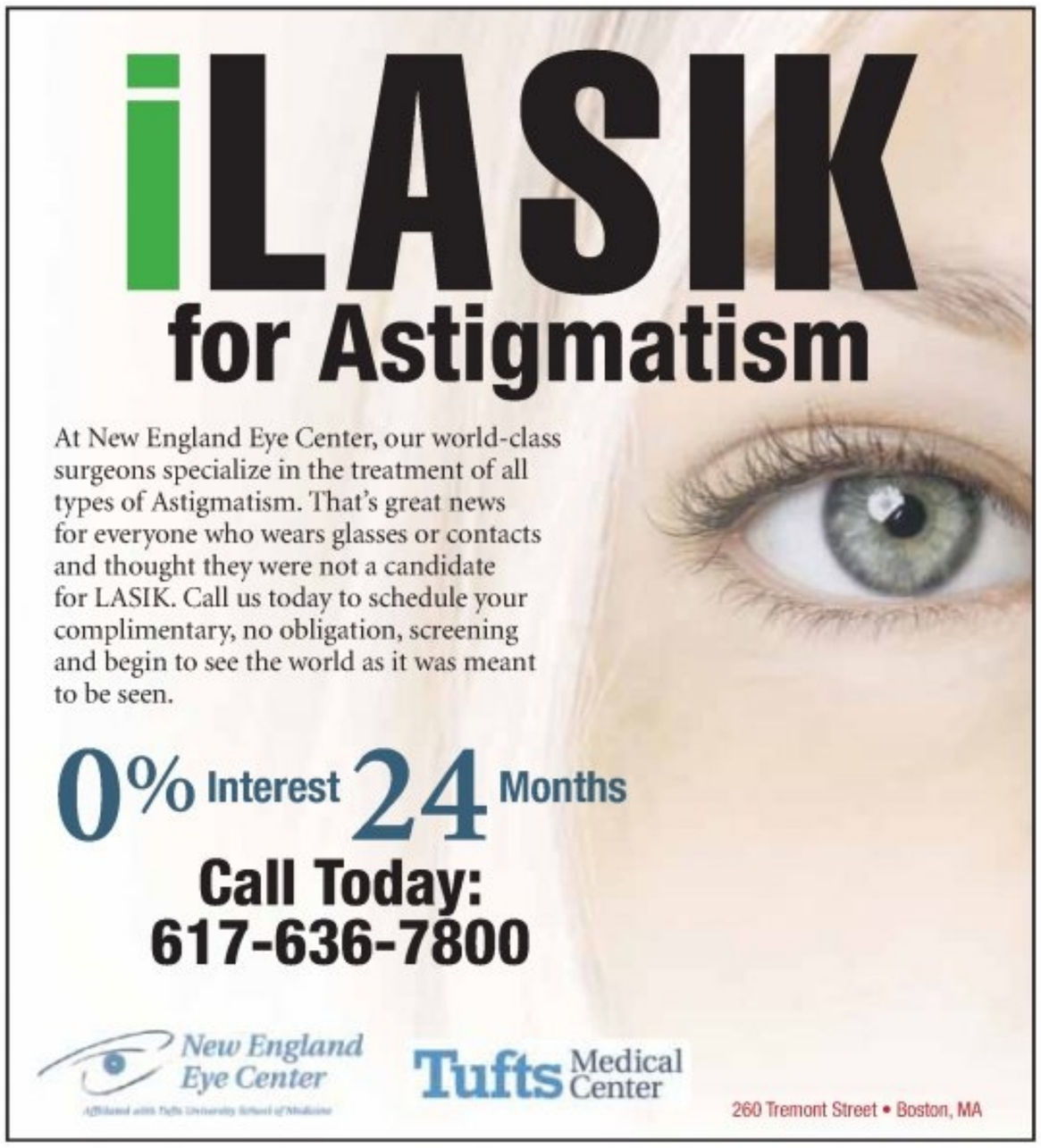
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German gov't tells 80M people to stop using Internet Explorer

GETTY IMAGES

▶ The German government has warned against the use of the Internet Explorer browser.

The German government urged its public yesterday to temporarily stop using Microsoft Corp's Internet Explorer Internet browser following discovery of yet-to-be repaired bug in the web browser that the software maker said makes PCs vulnerable to attack by hackers.

The security flaw, which affects hundreds of millions of IE browser users around the globe, publicly surfaced over the weekend.

Microsoft had said on Monday that attackers can exploit the bug to infect the PC of somebody who visits a malicious website and then take control of the computer.

The German government's Federal Office for Information Security, or BSI, said that it was aware was aware of targeted attacks and that all that was needed was to lure Web surfers to a website where hackers had planted malicious software that exploited the bug in Internet Explorer to infect their PCs.

33%

Internet Explorer was the world's second-most widely used browser last month, with about 33 percent market share, according to StatCounter.

"A fast spreading of the code has to be feared," the German government said in its statement.

BSI advised all users of Internet Explorer to use an alternative browser until the manufacturer has released a security update.

Officials with Microsoft did not respond to a request for comment on the move by the German government.

The company late on Monday urged customers to install a piece of security software as an interim measure, buying it time to fix the bug and release a new, more secure version of Internet Explorer.

Microsoft did not say how long that will take, but several security researchers said they expect the update within a week. **REUTERS**

In the news

Pa. Supreme Court returns voter ID law

PHILADELPHIA. The Pennsylvania Supreme Court ordered a lower court yesterday to reconsider its decision upholding a new state voter ID law, saying it should be blocked if voters would be shut out this Election Day by hurdles to obtaining ID cards.

The court battle over the law passed last March by the Republican-led legislature in Pennsylvania is being watched closely on both local and national levels.

Supporters of the voter ID law say it is aimed at ensuring that only those legally eligible to vote cast ballots. Critics say it is designed to keep minority voters, who typically vote Democratic, away from the polls. **REUTERS**

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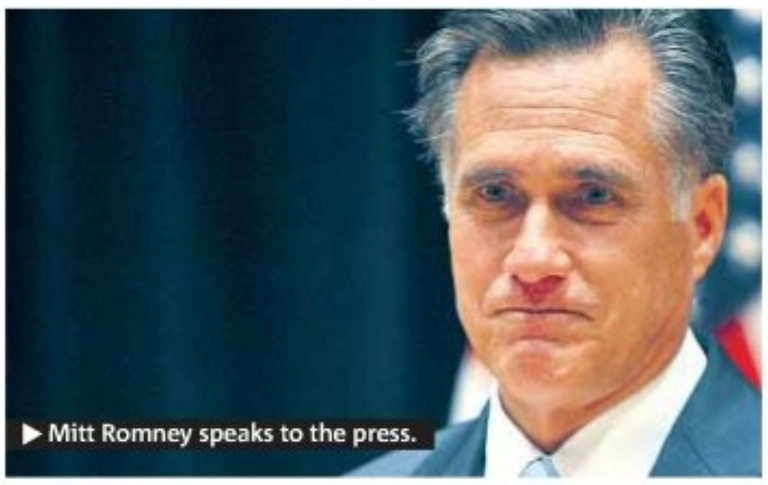
Palestine video more trouble for Romney

Republican presidential candidate caught on video saying Palestinians don't want peace with Israel ◐ Video fuss overshadows domestic issues


▶ Mitt Romney speaks to the press.

NICHOLAS KAMM/AFP/GETTYIMAGES

▶ Latino protesters march by the hotel where Republican presidential candidate Mitt Romney is scheduled to attend a fundraising event in Salt Lake City.

Already reeling from a secret video showing him deriding 47 percent of the U.S. electorate, Republican Mitt Romney's campaign hit more trouble yesterday when new images surfaced in which he accused Palestinians of not wanting peace.

The videos, taken at the same closed-door fundraiser in Florida in May, have knocked Romney's gaffe-plagued campaign even more off stride and raised fresh questions about whether he can come from behind in the polls and win the White House in November.

"I look at the Palestinians not wanting to see peace anyway, for political purposes, committed to the destruction and elimination of Israel, and these thorny issues, and I say there's just no way," Romney said in the latest video clip published by liberal Mother Jones magazine.

Quoted

"I look at the Palestinians not wanting to see peace anyway, for political purposes ..." ROMNEY

On the West Bank, Palestinians said Romney was wrong to accuse them of not seeking peace.

"No one stands to gain more from peace with Israel than Palestinians, and no one stands to lose more in the absence of peace than Palestinians," chief Palestinian negotiator Saeb Erekat told Reuters. "Only those who want to maintain the Israeli occupation will claim the Palestinians are not interested in peace."

The videos fuss overshadowed an effort by Romney's campaign to offer more economic-policy specifics and issue a set of hard-hitting new TV ads to address rising worries from Republicans about the direction of his campaign. REUTERS

Romney's 47% include elderly, poor workers

Elderly Americans and low-wage workers make up the bulk of those who don't pay income taxes, a group that Republican presidential nominee Mitt Romney said are "dependent on government" and see themselves as "victims."

For 2011, 46 percent of households didn't pay federal income taxes. (Romney said it was 47 percent.) About half of those didn't pay because of standard deductions and personal exemptions designed to exclude subsistence levels of income from taxation.

The rest received tax breaks, including the earned income tax credit, the child tax credit and tax benefits for older Americans such as the exclusion of Social Security benefits from income. This group still paid state and local taxes and payroll taxes.

"Half of them are people that are just plain-old poor," said Roberton Williams, a senior fellow at the Tax Policy Center, a nonpartisan group in Washington. "And the other half are people that aren't very far out of that poor category, but get some tax breaks." BLOOMBERG

Romney: Remarks 'not well stated'

Republican presidential candidate Mitt Romney said on Monday that disparaging remarks he made about supporters of President Barack Obama in a secretly filmed video were not well stated, but he did not back away from them.

"It's not elegantly stated. Let me put it that way," Romney said at a hastily arranged news conference in California to respond to his latest stumble on the campaign trail.

In the video Romney was shown telling fundraisers he has no way of attracting support from 47 percent of U.S. voters because they are dependent on government and pay no taxes.

"I'm sure I could state it more clearly and in a more effective way than I did in a setting like that," Romney said.

However, he did not back away from his comments and said it was a message that he would continue to carry.

"Frankly, my discussion about lowering taxes isn't as attractive to them, and therefore I'm not likely to draw them into my campaign as those in the middle," he said.

"This is really more about the political process of winning the election, and of course I want to help all Americans have a bright and prosperous future and I'm convinced that the president's approach has not done that and will not do that." REUTERS

Who's being taxed on what?

- About 46 percent of U.S. households paid no federal income tax in 2011, according to the Tax Policy Center, a centrist think tank in Washington, D.C.
- However, almost two-thirds of those who paid no income tax did pay employment tax to support the Social Security pension program and the Medicare health-care program, the center said.
- Employment, or payroll, taxes are regularly withheld by employers from the paychecks of working Americans. Employment taxes hit the poor harder than others because they are a fixed percentage of individual income.
- Households that do not owe federal income tax are still subject to state sales taxes and property taxes.

REUTERS

News in brief

Obama drops to 5% lead over Romney

President Barack Obama's lead over Republican Mitt Romney narrowed to 5 percentage points in a Reuters/Ipsos poll released on Monday, from a high of seven points in the week after the Democratic National Convention.

With just 50 days before the Nov. 6 election, Obama led the former Massachusetts governor by 48 percent to 43 percent among likely voters in the online poll conducted September 12-17. In a similar poll last Thursday, he led by 48 percent to 41 percent.

"My takeaway is that it's pretty decent news for Obama that his bump is sustaining so long and he may be turning the post-convention bump into a lead," said Ipsos pollster Julia Clark.

In a shift in recent days, Americans also gave a small edge to Obama on the crucial topics of jobs and the economy, as they feel less nervous about economic conditions.

Thirty-seven percent of registered voters thought Obama had a better plan for the economy, compared with 34 percent who favored Romney on the issue. Obama led 36 percent to 35 percent on the issue in a poll released last Thursday. REUTERS

Court: Tax-exempt groups can keep mum on donors

A U.S. appeals court ruled on Tuesday that tax-exempt groups spending millions on election-time ads this campaign season can keep their donors secret, turning aside an attempt by a Democratic congressman to force disclosure.

The unanimous decision reversed a ruling by a lower court in March that had sent scores of tax-exempt groups scrambling for ways to protect their donors' names and continue to run ads ahead of the Nov. 6 presidential and congressional elections. REUTERS

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Our picks for '50 Shades' stars

E.L. James knows who she wants in the film adaptation of her bonkers-popular "50 Shades" trilogy, but she's still not telling.

On Monday's "Katie," James told **Katie Couric** she's narrowed it down to seven actors to fill the roles of **Ana Steele** and **Christian Grey** but no contracts are signed — yet.

"It's a sort of collaborative effort. There's a studio. There's a production company. There's two producers, and at some point there's going to be a director, so I'm sure everyone will have an input into that. I have three people who could play Christian," she told Couric. "And I think four who could play Ana, and I'm not going to tell you any of them."

So who should star in the sure-to-be blockbuster film? We have a few suggestions:

Anastasia Steele

Emma Watson

Watson's name pops up again and again for the role of the shy Ana and for good reason: She can already carry a huge franchise and she needs to tackle more "adult" characters. And what's more grown-up than being tied up in "the red room of pain"?

Betty White

Deep down, you know White is no stranger to S&M material.

Anna Kendrick

Kendrick plays young and vulnerable extremely well. And she could (possibly!) make lines like "You are the state lottery, the cure for cancer, and the three wishes from Aladdin's lamp all rolled into one" sound, well, non-laughable.

Christian Grey

Alexander Skarsgard

Eric the vampire gets my vote to play the billionaire playboy, but will he accept it? The role would make Skarsgard a household name but might be too low-brow as he tries to establish a serious film career.

Philip Seymour Hoffman

Wild card!

Ian Somerhalder

Somerhalder's name has been thrown around more than most others. That, or else his publicists are really good at making it seem like he's a frontrunner.

Talking points

Can't stop their vampire love

Not even a cheating scandal can keep **Kristen Stewart** and **Robert Pattinson** apart, as sources tell the Sun that the "Twilight" co-stars are back together. "They pretty much decided they couldn't live without each other. Kristen poured her heart out to Robert and told him it was a one-off and a mistake," a source says of Stewart's being caught cheating with her "Snow White and the Huntsman" director, **Rupert Sanders**. "Rob sees it as Kristen made a really stupid mistake. After a lot of long tearful talks, they've worked it out."

Victory for the nips!

Kate Middleton and her husband, **Prince William**, have won their first court victory in the wake of Closer magazine publishing topless photos of Middleton, according to The Guardian. A French court has ordered an injunction preventing any further use of the images by the publication. The photos must be handed over within 24 hours, and the magazine's publishing company will be fined $13,000 a day if it publishes more of them or sends them to a third party. A separate criminal investigation has been launched to see if the magazine violated William and Kate's privacy by publishing the photos. A guilty verdict could lead to jail time for Closer's editor.

The Flying Tomato lands in jail

Snowboarder and Olympic gold medalist **Shaun White** was reportedly arrested for public intoxication in a hotel in Nashville, Tenn., though he

was briefly hospitalized before heading to jail. White reportedly trashed his hotel room, and when hotel staff confronted him, he set off several fire alarms and attempted to flee on foot, eventually falling and hitting his head. He was booked on counts of public intoxication and vandalism.

Bynes locks herself in dressing room

As stories of her erratic behavior mount, **Amanda Bynes** apparently has no plans to enter rehab despite reports earlier this week that she would, according to E! News. After having her car impounded Sunday, Bynes has been using taxis and car services to run errands around town, including a shopping trip in West Hollywood during which witnesses say she locked herself in a store dressing room for two hours and "wouldn't stop talking to herself."

2

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Katy Perry is optimistic, Nathan Fillion isn't following his own advice, Carrie Fisher is keeping up with current events, and Garry Shandling is tired.

@katyperry
I can feel the phoenix rising.

@NathanFillion
Never read your reviews. Sage advice. ...well, off to find some reviews.

@CarrieFFisher
Guy who made anti-Islam video is allegedly porn director and former PCP maker. He gives ex-drug dealers a bad name.

@GarryShandling
I'm in that "not fully awake yet, state." Give me a head's up if I need to be.

Carrie Fisher

myentertainment

Getting ready to believe

Michael Kiwanuka talks influences and the power of positivity This soulful folk singer has never listened to Randy Newman, but he certainly knows his Nirvana

Michael Kiwanuka's debut is a music writer's dream come true. Enabling critics a chance to espouse their own love for the classic influences he draws from, the album has been cited for his Nick Drake-like fingerpicking, his soulful Otis Redding vocals and for an approach to production reminiscent of Marvin Gaye.

The singer, who was born to Ugandan parents in England, says a lot of the time the critics are correct, but there are a few notable exceptions.

"Most of the time it's kind of like, 'You got me!' but then there's a couple ones that come up once in a while that you're like, 'Yeah, I haven't ever heard a record by Randy Newman, apart from watching 'Toy Story,'" he says.

But what makes Kiwanuka unique is the way that he combines these folk, soul and rock influences to form his own sound. And what is most heartening is that Kiwanuka seems especially interested in spreading an optimistic message through songs like "Tell Me a Tale" and "I'm Getting Ready," where he repeats the phrase "I'm getting ready to believe" with an increasing hopefulness.

"For me it's everything," says the singer about positivity. "You don't relate music to just really horrible periods; you relate it to a time where it gets you through things ... and that's why I really enjoy listening to music from people like Marvin Gaye and Bill Withers. ... Those are the kind of songs I love listening to. And those are the songs I like to write."

SAM BUTT

▶ "Home Again" features album artwork that looks so 1960s that it's almost a shock to be guided to www.michaelkiwanuka.com in the liner notes.

PAT HEALY
pat.healy@metro.us

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Grandma, take me 'Home Again'

One of Kiwanuka's influences that critics aren't exactly picking up on? Nirvana.

"My music doesn't really come out like that, but I really appreciate and love it," he says of Kurt Cobain and company.

So could Kiwanuka play all of the songs on "Nevermind" if he had to?

"Yeah," he says with conviction. "There's another album, 'From the Muddy Banks of the Wishkah,' and it's a live album. I love that! That was actually the first album I got. ... It was cool because it was the best songs ... so I got that and then bought the other albums."

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Fall TV Guide: Wednesdays

COUNTRY STRONG

Connie Britton steps into the boots of a hardworking recording artist on 'Nashville' How this non-singer was able to find her voice

It's a risk to hinge a show named "Nashville," detailing the ins and outs of the record business in Music City, on an actress who has no professional singing experience. If the actress is Connie Britton, however, that's a gamble worth taking.

Britton is a calm powerhouse onscreen, bringing strength and complexity to roles on "Friday Night Lights" and "American Horror Story," both of which earned the Boston native Emmy nominations. On her new ABC series, Britton plays Rayna Jaymes, a country queen whose singing career has recently hit a speed bump. She's presented with the option of co-headlining a tour with the genre's hot new thing, a Taylor Swift-like pop tart (Hayden Panettiere), which sets up the show's central rivalry. But here you'll also find family drama that blurs into corrupt local politics, broken love stories and music — such good music! — from the offices on Music Row to the tiny stages at such storied venues as The Bluebird Cafe.

In anticipation of the "Nashville" premiere, we passed Britton the mic, and she sang the praises of her new series.

"I certainly don't feel old and I'm not interested in playing old. I don't want it to be about one woman versus another woman. I think what our two characters represent is two people in very different phases of their life and different phases in the music business." BRITTON

What made you say, "This is a role I have to play"?

Rayna is a really, really strong character. She's a self-made character and she's a survivor. It's an interesting thing to watch where she finds her strength; she just pulls from whatever she knows to keep going. She supports her family and she has created this career not out of folly, but because she really needs it as a woman and as a person kind of moving away from her [father's legacy] and creating her own path. Rayna has lived a life with her band members and she's had a relationship with the head of her band and now she's in this marriage. There's a lot of backstory, and I don't want to give it all away.

How much does the established artist versus young upstart conflict between Rayna and Juliette Barnes (Panettiere's character) play into the overall plot?

I never saw the show in those terms, and I'm working hard to not have the show become about [a young-versus-old rivalry], because I certainly don't feel old and I'm not interested in playing old. I don't want it to be about one woman versus another woman. I think what our two characters represent is two people in very different phases of their life and different phases in the music business. Our show is called "Nashville," and a big part of that is the music business. And so I think our two characters are a gateway into that story.

How will their relationship play out?

Knowing Rayna the way I do, I think that there's going to be redemption for everybody involved. I'm always interested in that.

AMBER RAY
amber.ray@metro.us

ABC/KATHERINE BOMBOY-THORNTON

▶ Connie Britton stars as Rayna James on "Nashville." The series premieres Oct. 10 at 10 p.m. on ABC.

Q&A

Do you intentionally look to play strong women?

I try to play such different characters, but there's always one strong intent, and that is to play women in a way that portrays them as powerful and true and complex and comfortable in their own skin, even in the midst of crisis and chaos, whatever form that takes. In TV we have a lot of opportunity, we're seeing a lot of really strong women characters on television. But I like to play a strong woman who is also accessible and vulnerable and has a lot of the same qualities as most women do. I think that people appreciate that, and my hope is to keep doing that.

Giving voice to a music icon

Connie Britton's singing experience before "Nashville" was much more of a personal hobby than anything professional. So to play the role of country superstar Rayna Jaymes, the actress began taking voice lessons and has teamed with the show's music supervisor, superstar producer T-Bone Burnett.

- "I call him the voice whisperer," Britton says of Burnett, "because he has this amazing [ability] to bring out the voice in people that he works with."
- Britton calls the experience "an immersion" into country music.
- "I'll go and spend maybe three or four hours in his studio, and we'll do everything from just listen to music and talk about music and talk about the music that Rayna would listen to. Then we decided to start a band, so we just sit down and he plays guitar and we sing."
- But don't expect to see Britton and her new musician pals playing a packed concert venue near you anytime soon.
- "There would have to be such an enormous level of growth in my self-confidence for that to happen," she says, laughing. "Never say never — but almost never."

Also on Wednesdays

'Animal Practice'

Justin Kirk plays a misanthropic veterinarian with a monkey sidekick. If your current Facebook update is some variation on a cute animal picture, video or inspirational message, set your DVR now. 8 p.m., NBC

'Guys with Kids'

From executive producer Jimmy Fallon comes this comedy about three loving dads who don't want to lose their "dudeness" just because they're wearing Baby Bjorns. Just don't get the baby bottle mixed up with the beer bottle, guys. **Premieres Sept. 26, 8:30 p.m., NBC**

'Chicago Fire'

"Law & Order" creator Dick Wolf brings his crime-of-the-week storytelling to Chicago, where the heroes are firefighters and paramedics and the foe is a dramatic inferno — when it's not the bickering members of the firehouse themselves. Eamonn Walker, Jesse Spencer and Taylor Kinney star. **Premieres Oct. 10, 10 p.m., NBC**

MATT DINERSTEIN/NBC

▶ "Chicago Fire"

'Arrow'

As rich party boy-turned-vigilante, Stephen Amell brings depth beyond a brooding stare to DC Comics crime fighter Green Arrow. He's also got muscles — the kind of six-pack that could make Ryan Gosling feel flabby — courtesy of the most jaw-droppingly insane workout regimen ever to appear in a television pilot. **Premieres Oct. 10, 8 p.m.,** The CW

'The Neighbors'

So the neighbors in an idyllic suburban neighborhood turn out to be aliens. Don't forget that we once all bought the idea of a vampire, Frankenstein monster and werewolf living the quintessential American life over on Mockingbird Lane. **Premieres Sept. 26, 9:30 p.m., ABC**

mytechnology

Twitter unveils a new look

The social networking site gives profile pages a revamp, placing emphasis on a Facebook-like look Plus new and improved phone apps

Twitter CEO Dick Costolo went on NBC's "Today" yesterday morning to announce a new look for profile pages on the social network and a new iPad app plus updated iPhone and Android apps.

"We rebuilt Twitter for iPad from the ground up to make it fast, beautiful and easy to use," Costolo said.

"Today"'s website explains: "What's the biggest change? There's now a huge header image that runs across the top, sort of like the banner image that Facebook users have on their timelines. The page itself has been reoriented to play up other visuals as well: Your avatar is no longer tucked in the corner, but will display front and center. The photo stream, too, has been moved up, and will now be accessible on the apps."

In a release from Twitter, the company said the upgrade represents "our mobile-first strategy." The company says that if you upload an all-new header photo on Twitter's mobile apps or on twitter.com, "the same image will appear whenever anyone views your profile on these apps or the web. These new profiles are available for everyone."

Twitter also updated its iPhone and Android apps to support new profiles and photo streams:

"Swipe through the stream to see the photos that other users have shared, or tap any thumbnail to view their photos in fullscreen."

The announcement also includes a new iPad app: "We've rebuilt the app from the ground up to make it fast, beautiful and easy to use. Tweets come alive with in-line expansion and support for photos, videos and website summaries. Like Twitter for iPhone and Twitter for Android, this new version of Twitter for iPad also supports new profiles and photo streams on profiles."

Quoted

"We rebuilt Twitter for iPad from the ground up to make it fast, beautiful and easy to use."
COSTOLO

TODD WASSERMAN FOR Mashable The Social Media Guide

How to change your Twitter header image

Twitter has blessed us with a new way to dress up your profile pages: Header images. Yes, these are a lot like Facebook and Google + cover photos, and the process for adding them is just as simple.

First, take a look at your new Twitter profile page. No, not your homepage, the page that's called "Me" on Twitter's website and on your favorite mobile app. You can make the change through Twitter's website or you can actually make the change right on your mobile device.

Select the "Me" option from the left-hand menu bar. You'll notice this page looks completely different. Choose the settings icon that appears under your profile image or avatar. Select the "Edit Profile" option.

Select "Header" and then choose from two options: "Take Photo" or "Choose Existing Photo." The former will use your device camera to take a new image. The latter lets you select from your library of images.

Once you have an image, you can move and scale it as you please. Original image size cannot exceed 1252×626 pixels.

The benefit of the image appearing behind your avatar is that you can, as with Facebook cover photos and Google + cover images, create a sense of interaction between your avatar and the header image. LANCE ULANOFF FOR MASHABLE

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If plain old milk's not your thing, this sweet, tasty new drink from Blue Diamond is a good substitute. It has just 60 calories per glass and 50 percent more calcium than regular milk — just make sure you get some protein with your meal, because this doesn't have too much. **$3, grocery stores**

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Tony Dovolani of 'DWTS' talks dancing for health

Dancer Tony Dovolani took time out of his hectic "Dancing With the Stars" schedule to talk to us about how your Saturday swing class does wonders for your body.

Why is dancing a great way to stay fit?

There's a number of ways that dance improves your health. For one thing, it's a social activity. When you're dancing, you're not staring at a treadmill, you're staring at another person; it's interactive. Physically, it works out every part of the body; it works muscles you forget about — small muscles. Dancing burns around 275 calories in a 45-minute session. That's more than running.

What styles of dance give the best workout?

Foxtrot and jive. They build up a lot of stamina. The rumba, too. Some slow dances are great because they require more control and balance. Any ballroom dancing with a partner adds pressure. When you dance by yourself, you have no resistance. When you dance with a partner you have control, you are more aware and the mind is engaged too.

What should you look for in a dance class?

Start with salsa: It's simple and there's a lot of hip action, which works the mid-section.

Are there certain dance moves that people should incorporate into their exercise routine?

RJ MUNA

▶ The new season of "Dancing with the Stars" premieres Monday at 8 p.m. on ABC.

Stretching exercises are so important. They activate the body. ... It doesn't need to be extensive if you do it right. Five minutes gets the whole body activated and you're good for the day.

How does what you wear affect how you move?

Start with the right shoes. This is not a pitch. If you are a tennis player or a mountain climber, you wear the right shoes. I worked on a new design with Capezio that gives the right support and tension. The shoe should have flexibility and strength. All exercise is balance-based and without shoe support, you can hurt yourself. People ask me what's the secret of being a great dancer and I say great balance.

LINDA CLARKE
letters@metro.us

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~ Brian

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Letters

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Are our pols all lone wolves?

Is the Barack Obama who said yesterday, "It's hard to serve as president for all Americans when you've disdainfully written off half the nation," really the same Barack Obama who told then minority leader Eric Cantor in 2009, "I can go it alone. ... Look at the polls. The polls are pretty good for me right now. Elections have consequences. And Eric, I won. So on that, I think I trump you."?

NICK MCNULTY, MEDFORD, MASS.

Commentary chain reveals broken word

RE: "JUDGING A BOOK BY WHAT IT COVERS" (METRO, SEPT. 18) Letter writer Bob Trumbetta's criticism of Conn Carroll's column on Bob Woodward's book follows the Democrat playbook of demonizing their opponents. He offers no evidence to support his position. Meanwhile, there's plenty of factual evidence supporting Woodward: The Obamacare bill contains no meaningful tort reform. Obama's budget was voted down 97-0 in the Senate. Don't forget "shovel-ready jobs" that Obama later had to admit weren't.

JIM FLETCHER, VIA E-MAIL

Veteran neither victim nor moocher

My grandfather is 90 years old and dependent on the government. He married, went to college, started a business, worked his whole life, paid a lot of taxes, raised four children, was a World War II veteran and is a lifelong Republican. He is personally responsible for his success and ability to live the American dream. My grandfather is not a "victim," but he is dependent on two government programs he paid into his entire life: Medicare and Social Security. Apparently that make him entitled.

CARL HANSON, VIA E-MAIL

Numbers just don't add up for retiree

For decades the government has admonished retirees: "Social Security (SS), alone, will not suffice during your retirement and you will need 'additional income' to live." However, many inequities exist within the present IRS tax code for people who collect SS and supplement their SS with "additional income."

I and my retired colleagues are devastated by the way the SS surcharge is added to the taxable income.

When the SS reaches $.85 per dollar of taxable income, and the income bracket is 25 percent, each dollar earned incurs a tax burden of 46.25 percent. This is a very excessive tax burden for people who need additional money to live. Even if the bracket is only 15 percent, the tax burden is a prohibitive 27.75 percent.

This seems even more unfair since wealthy politicians have recently disclosed that they can avoid almost all income taxes by utilizing esoteric tax avoidance schemes. By using "loopholes," the wealthy transfer additional financial burden to the middle class.

The middle class retiree, who needs to generate "additional income" (to live), has to pay a prohibitively high tax rate while the conniving wealthy can avoid their fair share of taxes.

BILL KERINS, BURLINGTON, MASS.

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Keep them as brief as possible, preferably under 100 words.
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Please include your name and contact information.

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** Someone or something could light a fire under your creative capabilities and ignite a brilliant new idea. Act on it immediately.

♎ Libra **Sept. 23-Oct. 23.** If you aren't pleased with your present financial status, try to improve things. You'll likely be surprised at what your actions generate.

♏ Scorpio **Oct. 24-Nov. 22.** You won't want to let an associate undertake something that you know you can do better. Thus, should it become necessary for you to assert yourself, don't hesitate to do so.

♐ Sagittarius **Nov. 23-Dec. 21.** It's a mistake to depend too heavily on another's help in order to fulfill an ambitious objective. If you can't rustle up the support, make sure you have the resources to go it alone.

♑ Capricorn **Dec. 22-Jan. 19.** There is someone within your peer group who has a facility for stirring things up. For harmony's sake, it would be best not to identify too closely with this individual.

♒ Aquarius **Jan. 20-Feb. 19.** In your attempt to gratify a personal interest, you should be careful not to alienate anybody in the process. If you're perceived as being too self-serving, it could hurt your image.

♓ Pisces **Feb. 20-March 20.** If your feelings override your intellect, you're not likely to perform too well. Strive to evaluate critical conditions from a logical perspective rather than from an emotional one.

♈ Aries **March 21-April 19.** The control of a project that you're closely identified with is about to shift. You'll be much happier working under the new powers-that-be than you were with the previous.

♉ Taurus **April 20-May 20.** Watch out if you're operating in close proximity to a strong-willed individual. Don't let him or her push you around and make decisions for you that do not serve your best interest.

♊ Gemini **May 21-June 20.** The type of attitude you adopt will either make things more difficult or easier, depending upon which you choose. Don't blow things out of proportion.

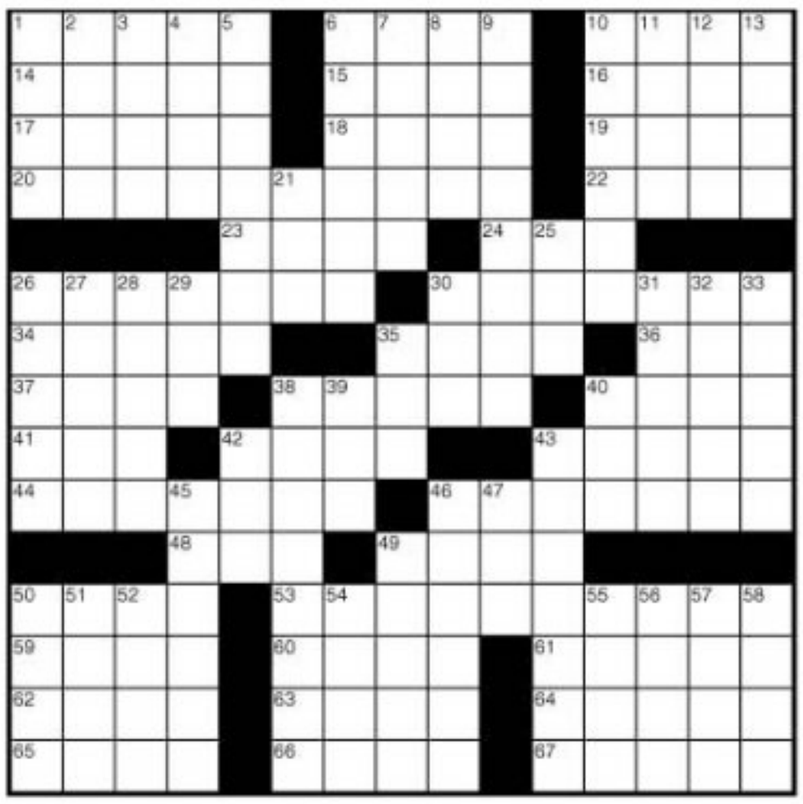
♋ Cancer **June 21-July 22.** Don't take a chance on anything that could end in disaster if you make even a slight error. Even if the odds appear to be tilted in your favor, play it close to the vest.

♌ Leo **July 23-Aug. 22.** Failing to find any productive expression for your mental and/or physical energies could put you in an irritable mood. Try to avoid all insignificant or senseless involvements.

BERNICE BEDE OSOL

Across
1 — down (get strict)
6 Tournament rating
10 Gulp down
14 Snert's master
15 Billowing garment
16 Space lead-in
17 BP acquisition
18 General vicinity
19 Talk big
20 Good read (hyph.)
22 Woody's son
23 Switch positions
24 Rand of "Atlas Shrugged"
26 Gambling dens
30 Cell predecessor (2 wds.)
34 Scandinavian royals
35 Weeps loudly
36 Spooky, maybe
37 Type of wolf
38 Glistening
40 Ad award
41 Trendy meat
42 Wild guess
43 Crayola choice
44 Single (2 wds.)
46 Vanna and Pat
48 Antenna type
49 Graceful wrap
50 Catch a fly ball
53 Dining nicety (2 wds.)
59 Grind, maybe
60 Jacket style
61 Cookout spot
62 Inky, to a poet
63 Dried-up
64 Word from the king
65 Over with
66 Playing card
67 Cubicle fillers

Down
1 Bloke
2 Prayer-wheel turner
3 Beside oneself
4 Knight's weapon
5 They're positive
6 Mufflers
7 Pulls down
8 "En garde" weapon
9 Advice column (2 wds.)
10 Beach hut
11 Frau's spouse
12 Mountains or river
13 Kind of dancer (hyph.)
21 Roswell crasher
25 Cen. fractions
26 "People" person
27 Bakery come-on
28 Kind of cavity
29 Motel amenity
30 Debate side
31 Guys' partners
32 — box
33 Nose stimuli
35 Bro or sis
38 Most rigid
39 Derby or fedora
40 Crib murmur
42 "Quiet!"
43 Peeped
45 Conductor — Ormandy
46 Lacey's partner
47 Forty-niner's quest
49 Night racket
50 Lose leaves
51 Drifter
52 Erelong
54 Centurion's highway
55 Invited
56 He gave us a lift
57 Oil-lamp part
58 Scads



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	8			1			7	3

SUDOKU **LEVEL: EASY**

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		6	7		8	5		
5	3	8		2	4			
4				8	9		7	
		9					4	
	6	3						

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

J	A	D	E	D	■	B	O	A	T	S	■	R	A	H
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E	A	S	E	S	■	T	E	S	T	I	F	I	E	D
Z	I	G	■	T	W	I	G	■	■	P	A	D	R	E
■	■	U	M	I	A	K	■	T	Y	P	I	S	T	S
A	S	S	E	N	T	■	B	O	W	E	R	■	■	■
L	A	T	T	E	■	R	E	A	C	T	■	H	A	M
U	K	E	S	■	T	U	L	S	A	■	P	A	U	L
M	I	D	■	B	U	I	L	T	■	P	A	N	E	L
■	■	■	J	E	N	N	Y	■	H	E	C	K	L	E
T	A	M	A	L	E	S	■	H	A	S	T	E	■	■
O	V	E	R	T	■	■	B	O	L	T	■	R	F	D
P	E	N	S	I	V	E	L	Y	■	E	M	I	L	E
I	R	S	■	N	A	S	A	L	■	R	E	N	E	E
C	S	A	■	G	L	O	B	E	■	S	A	G	A	S

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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NHL suicidal with lockout

All goodwill built up over past seven years going out the window B's owner Jacobs deserves some blame

Opinion

STEVE BABINEAU/GETTY IMAGES

Jeremy Jacobs is firmly against the NHLPA.

You have to give NHL commissioner Gary Bettman credit for one thing: in a pro sports landscape run by the senile (Bud Selig, MLB), a sleazy used car salesman (David Stern, NBA) and a fake tough guy (Roger Goodell, NFL), he still manages to be the most incompetent of them all. For the third time in 18 years, the NHL is in another lockout after not coming to terms on a new collective bargaining agreement.

For a league that had just started to make a national impact after missing the entire 2004-05 season due to the last lockout, this is exactly the last thing the NHL or its fan base deserves. The Bruins would have reported to training camp Friday, but that won't happen. The preseason is in jeopardy and although the regular season isn't expected to be entirely wiped out, who knows at this point? The difference between the NFL and NBA lockouts of last year and the current NHL lockout is that the NHL is the one league that really won't come through this type of thing unscathed.

As we all expected, the NFL didn't miss any regular season time, so in a few years nobody will ever remember that happened. Likewise, the NBA chopped off a few meaningless months of the regular season which in the end, barely mattered. I'm not going to pretend that all 82 games in the NHL are vitally important, but it's more about the message the owners have sent the fans: We still don't care about you.

Consider Bruins owner Jeremy Jacobs to be the anti-Bob Kraft in these proceedings. Unlike the Patriots owner, who was instrumental in ending the NFL lockout, Jacobs is one of the main voices pitted against the NHLPA in the room for the NHL meetings. To make matters worse, he's the CEO and chairman of Delaware North Companies, which owns the concession stands at TD Garden. That means even during Celtics games this winter, Mr. Burns from the Simpsons — I mean Jeremy Jacobs — will be raking in the dough. Ugh.

RICH SLATE
sports@metro.us

Why rush?

The Bruins spent like crazy before the lockout.

Brad Marchand, Tyler Seguin and **Milan Lucic** were all signed to long-term extensions prior to last Saturday.

3

ON TV TODAY

MLB

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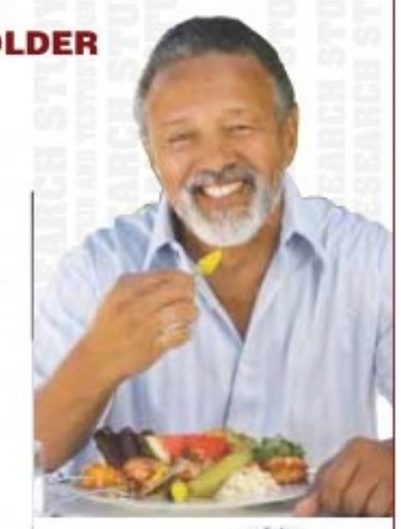

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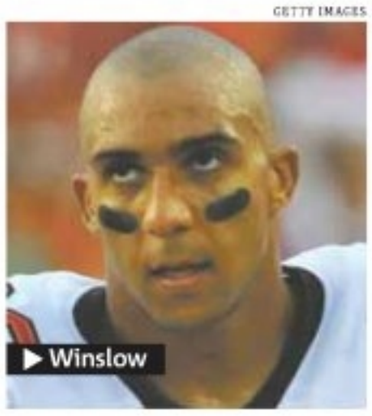
Patriots sign TE Kellen Winslow

The Patriots appear stubborn in their attempt to make their offense a tight end-heavy operation in 2012.

New England signed free agent tight end Kellen Winslow Jr. to a one-year deal yesterday, according to ESPN's Adam Schefter. Winslow, a former collegiate star at Miami, was drafted by the Browns in 2004 and most recently played a full season with Tampa Bay before being cut by Seattle last month.

GETTY IMAGES



▶ Winslow

He caught 75 passes for 763 yards and a pair of touchdowns last year for Tampa Bay. Winslow's best NFL season came in 2007 with Cleveland when he caught 82 balls for 1,106 yards while scoring five touchdowns.

Winslow gained a small level of pop-culture fame while in college for his "I'm a f—in soldier!" rant.

Branch is back

The Patriots reportedly re-signed wide receiver Deion Branch yesterday.

Branch was cut when the club had to get down to the NFL-mandated roster number of 53. He had 51 catches for 702 yards in 2011.

The move was made after tight end Aaron Hernandez went down a right ankle injury that will keep him out of action until at least early October.

The Patriots now have eight tight ends under contract, four of which will likely be on the active roster Sunday against Baltimore.

MATT BURKE
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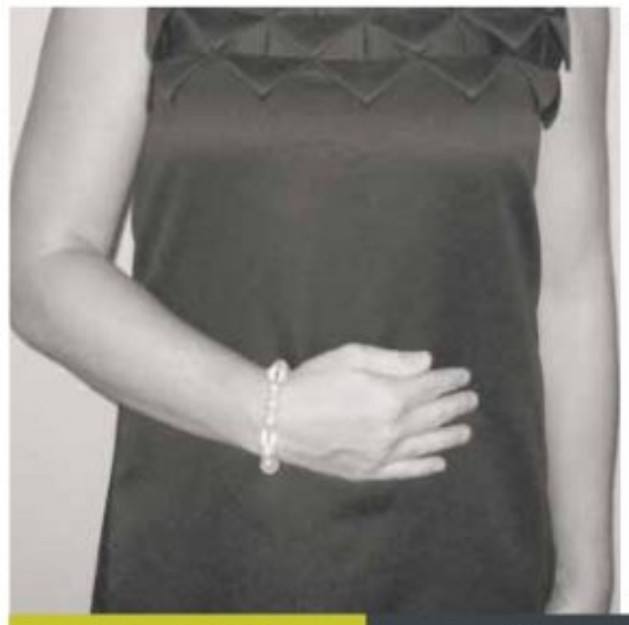

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at home with metro

The people care about Peabody Square

Boston Preservation Society gives prestigious Restoration Effort Award to citizens who helped transform the area from what was 'a car disaster' into 'a charming little square'

▶ The Peabody Square Reconstruction project will be honored with the 2012 Neighborhood Restoration Effort Award on Oct. 2.

RAT BENISER

Each year the Boston Preservation Society awards projects that preserve the city's architectural heritage. This year (at a ceremony held at an award-winner itself, the Paramount Center in Downtown Crossing) the Peabody Square Reconstruction project will be honored with the 2012 Neighborhood Restoration Effort Award. A seven-strong committee chose the area from more than a dozen submissions. Some projects, however, weren't even contenders.

"We didn't even want to get out of the car," says Preservation Society Board President Susan Park of visiting various neighborhoods. "It is just so obvious as soon as you see it."

That wasn't the case when they visited Peabody Square, whose facelift was easily recognized as a beneficial long-lasting change.

"Peabody Square was a car disaster," says Park of its former traffic gridlock. "It became more like a village green. It's a charming little square now. The planners got it right."

Successful neighborhood regeneration doesn't begin or end at city hall, though.

"It's not city planners that make a residential area work in the long-term. It's having people who care about their environment," says Park. "Apart from good design and planning, the winner has a sense of community. There are people there who advocated for change and care about ... taking care of it once the city is finished doing their part."

"It's not city planners that make a residential area work in the long-term. It's having people who care about their environment."
SUSAN PARK

Some neighborhoods don't improve in the long-term, no matter how much money the city lavishes in renovation.

"Many places have residents who think that it's the city's responsibility to take care of their neighborhood, and everything falls into disrepair. Ashmont has residents and businesses who care and who take care of their neighborhood."

LINDA LABAN
linda.laban@metro.us

A closer look

What makes Peabody Square worth preserving?

Historic landmarks include the Peabody Square clock (1910), All Saints' Episcopal Church (1892) and the rebuilt Ashmont T station (1928/2007).
"The T station blends in. It doesn't overshadow the historic features." Park says.
Her favorite one?
"I love the horse trough. There aren't many left. It's a throwback to another era, a very lovely era."

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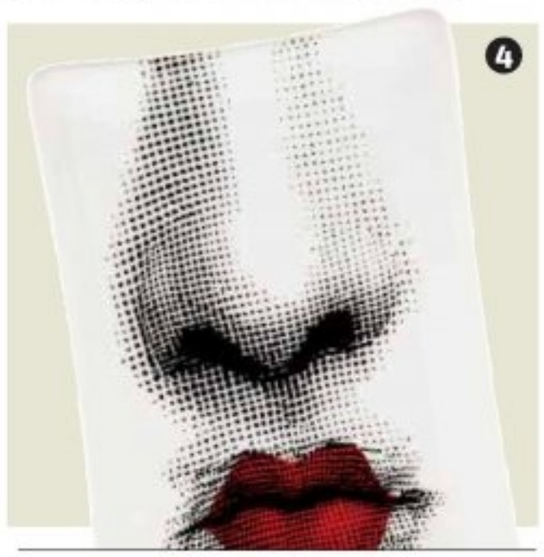
It's all about the presentation

We take a look at some of the more stylish ways to serve cocktails and canapes Every good hostess needs a few good trays in her arsenal

RICHARD PECKETT
METRO WORLD NEWS IN LONDON



The trays

1. Anthropologie Palazzo serving platter, $68, www.anthropologie.com
2. Crate and Barrel Acacia tray, $40, www.crateandbarrel.com
3. Ikea Barbar tray, $7, www.ikea.com
4. Fornasetti Bacio tray, $158, www.barneys.com
5. Alessi Dressed round tray, $70, www.alessi-shop.com
6. Ibride Ambroise tray, $148, www.madeindesign.co.uk
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Builder confidence reaches its highest point in six years

BRAND X PICTURES

▶ You may have been seeing a lot more of this lately.

Continuing the recent momentum, builder confidence in the housing market for newly built, single-family homes increased since last month, according to the National Association of Home Builders, which represents the housing industry, and Wells Fargo.

"This fifth consecutive month of improvement in builder confidence provides further assurance that the housing market is moving in a positive direction, but there's still a long way to go on the road to recovery and several obstacles are slowing our progress," said Barry Rutenberg, NAHB's chairman, in the release. Specifically, he continued, "unnecessarily tight credit conditions are preventing many builders from putting crews back to work — which would create needed jobs — and discouraging consumers from pursuing a new-home purchase."

"This fifth consecutive month of improvement in builder confidence provides further assurance that the housing market is moving in a positive direction, but there's still a long way to go." RUTENBERG

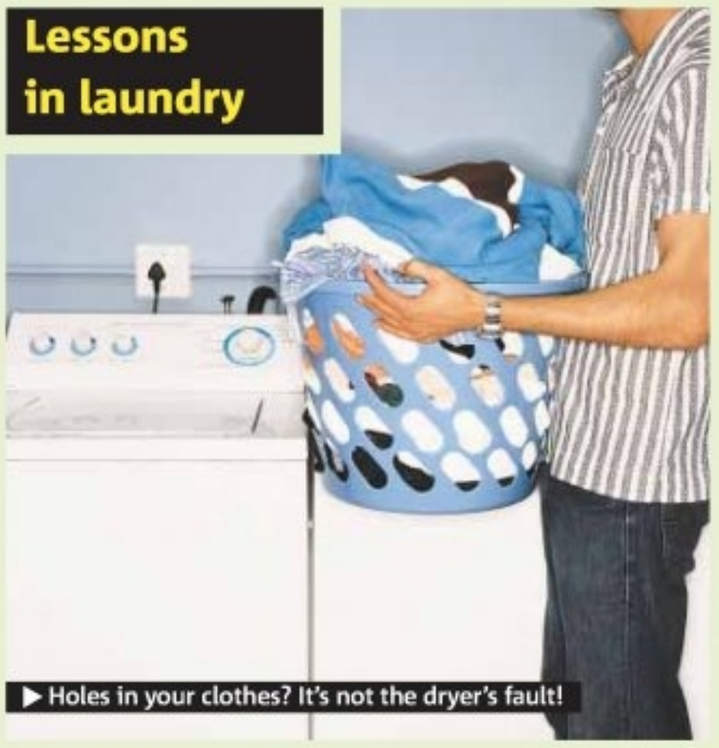
NAHB's Chief Economist David Crowe mentioned in the release that despite the improved numbers this month, caveats remain. "Against the improving demand for new homes, concerns are now rising about the lack of building lots in certain markets and the rising cost of building materials," he said. "Given the fragile nature of the housing and economic recovery, these are significant red flags." ZACHARY KUSSIN

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Mortgage rates

Borrowing costs remain favorable. The average rate on a 30-year fixed mortgage held at 3.55 percent in the week ended Sept. 13, near a record-low of 3.49 reported July 26 in data dating to 1971, according to Freddie Mac. REUTERS

Lessons in laundry



▶ Holes in your clothes? It's not the dryer's fault!

Myths on suds and duds

We stopped by New York City's WooliteWashed pop-up boutique to get a refresher course on the task that keeps all homes running smoothly: laundry. Cleaning your clothes is more than separating whites and darks — we were surprised to learn some of these truths from the Woolite team.

Myth: Only hot water cleans and rids clothes of germs.
Truth: Newer detergents on the market are specially made to work better in cold water. And it's not hot water that gets rid of all germs — only a powerful chlorine bleach or special laundry sanitizer can.

Myth: The sudsier your detergent, the better.
Truth: Super suds aren't the goal each time you do a load. Abide by the dosing amount your bottle recommends.

Myth: Your detergent won't work as well if it's not blue.
Truth: Americans apparently place a high stock on blue detergents — they perceive them as "safe" and think that other colors may stain their clothes. But really, laundry dyes used in the U.S. are water-soluble and don't leave stains or residue.

Myth: Putting your clothes in the dryer causes wear and tear.
Truth: It's not the dryer that eats through shirts and shrinks sweaters — it's the enzymes in your detergent. METRO/ME

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GETTING READY FOR THE NEW ECONOMY

By Attorney George Warshaw

Anyone who reads the events of the day, follows the economic and political news and takes a moment to assess it all, may conclude that we are in the midst of a new economic model. That new economic model can be summed up in one word: Turmoil.

Turmoil is "a state or condition of extreme confusion, agitation, or commotion." Merriam-Webster Dictionary. That, I believe, fairly sums up our present and future economy and the state of mind of those who manage it.

The good news for real estate is that the Federal Reserve recognized the turmoil and in a desperation measure last week agreed to pour a great deal of money into the economy to bolster it. This will keep interest rates extremely low for a long period of time to come.

But as Fed Reserve Chairman Bernanke admitted, there is not much more they can do if this last round of Fed magic doesn't work. Since Washington politicians have abandoned common sense in order to make the opposing party and themselves look bad, there are several things one should consider: carefully manage your personal finances, cut your expenses, get rid of debt, but take advantage of opportunities in real estate when you see them. There will still be many ahead.

That's my plan. © 2012 George Warshaw.

GWA

George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

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